

Post Shorts

Recycling schedule



The residential and recycling pickup schedule for May 10, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

Library closes for relocation

The Post Library will be closed May 8 through May 19 to relocate from building 3320 to the Aberdeen Recreation Center, building 3326, with the Registration and Leisure Travel Center.

Blue Cross visits APG

The APG Civilian Personnel Advisory Center has made arrangements for a claim representative from Blue Cross and Blue Shield to visit May 9, 9 to 11:30 a.m. in building 305, room 236, and 12:30 to 1:30 p.m. in building E-4811 (Seminar Area of Conference Center) to discuss claim problems and plan coverage. No appointment is necessary.

For more information, call Teri Wright, CPAC, 410-278-4331.

Military spouses will be honored

Join AAFES and Army Community Service in commemoration of Military Spouse Appreciation Day, 11:30 a.m. to noon, May 10, at the Main PX, with Col. John T. Wright, garrison and deputy installation commander, and the 389th Army Band (AMC's Own).

Events include door prizes and a fashion show. Spouse appreciation packets will be available from ACS. AAFES will offer 25 percent off AAFES brand clothing to include Decoded, R&R, Passports and JW.

For more information call Marilyn Howard, 410-278-9669 or AAFES, 410-272-6828.

Alert to APG community

Aberdeen Test Center will support a series of training exercises which may result in noise between May 8 through June 9.

Residents and boaters in the surrounding communities may possibly hear weapons firing and aircraft and observe aircraft flying at low altitudes. Illumination devices may create flashes of light visible off-post.

See SHORTS, page 4 and 5



Photos by RALPH NORDENHOLD, USACFSC/illustration by NICK PENTZ
From left, 1st Lt. Sonya Moore, Spc. Serri Sheridan and 1st Lt. Alisha Vaughn sing the songs that won them spots on the 2006 U.S. Army Soldier Show which comes to the Aberdeen Proving Ground Post Theater 2 p.m., May 13 for active duty military and 7 p.m. May 14, open for everyone. Seating is first come first serve. For more information, call 410-278-4011/4907.

U.S. Army Soldier Show to unveil ‘Reveille: Answering the Call’

Story by
TIM HIPPS
USACFSC Public Affairs

The 2006 U.S. Army Soldier Show returns to Aberdeen Proving Ground with a two-performance weekend of “Reveille: Answering the Call” May 13 and 14 at the Post Theater.

APG is the second stop for this year’s show which debuted at Fort Belvoir with three shows, May 5 to 7.

The troupe then will embark on a 6 and one-half month, 77-performance tour of military installations across the United States, Italy and Germany. The European section of the journey is still being scheduled.

Soldier Show director Victor Hurtado said that the show is titled after the new Army motto: “Call to Duty.”

“For our civilian audience, it may illustrate why

people join [the Army]. For our military audience, it might remind them why [they joined] and why they continue to serve.”

Hurtado relies on the creativity of 18 Soldier-performers and five technicians.

“We have some really strong voices and really strong performers so you might see some flash and splash,” Hurtado said.

“Not every scene is going to start with the story of a Soldier,” he added. “Sections of the show are just about new music or having a good time or just about fun.”

Rhythm and blues, gospel and country music will be featured, along with new renditions of tunes released since the 1960s, coupled with ballroom dancing aplenty.

The bottom line remains the same, “Entertainment for the Soldier, by the Soldier,” the working motto of

the Army Entertainment Division.

The U.S. Army Soldier Show, sponsored by the Army National Guard and AT&T, is one of more than 50 programs provided to Soldiers and their families by the U.S. Army Community and Family Support Center in Alexandria, Va.

Irving Berlin, best known for “White Christmas” and “God Bless America,” wrote the first U.S. Army Soldier Show while on active duty at Camp Upton in Long Island, N.Y. Named “Yip Yip Yaphank,” the show appeared on Broadway in 1918.

During World War II, Berlin created another Soldier show for Broadway: “This is the Army,” which became a 1943 film featuring a military cast with stars Ronald Reagan and Joe Louis. At the request of Gen. Dwight D. Eisenhower, the show toured for three years, performing for troops stationed in Europe and the Pacific.

APG reducing telephone charges

DOIM

In an effort to reduce the cost of providing telephone service at Aberdeen Proving Ground, the Directorate of Information Management is instituting some changes and reminding customers of telephone usage guidelines as outlined in AR 25-1.

Commercial Directory Assistance calls have been blocked at the APG telephone switches because there is a charge for this service to the government of \$0.40 per call for Directory Assistance (411) and \$1.25 for National Directory Assistance (nnn-555-1212), plus an additional \$0.30 for calls to be connected automatically.

This service has been costing APG Garrison approximately \$772 per month, according to Sharon Popp, DOIM information technology specialist.

Directory Assistance is available on the APG Web site at www.apg.army.mil. To access, select APG Intranet and then select Phone Directory. For APG numbers, select APG Phone Directory, and for all commercial directory assistance needs, select Verizon Superpages.

For on-Post calls, use the single

digit prefix of 3 for the 278 exchange, 4 for the 306 exchange, and 5 for the 436 exchange.

“This keeps the calls entirely within the APG telephone switches and there is no charge for these calls,” Popp said. “For calls to other military installations and sites on the Defense Switched Network (DSN) always use DSN as the first choice.”

To locate a DSN prefix, the DSN Directory is located at www.apg.army.mil. Select APG Intranet, select Phone Directory, select View a Directory, and then select View DSN Listing. On APG, dial 8, then the DSN prefix and the last 4 numbers of the telephone number.

DSN calls do not incur a charge for the garrison or tenants; DSN calls are funded by the Army.

Long distance calls are directed to FTS2001, which costs \$0.02 per minute. Those calls are charged to an organization’s Billing Account Code on the monthly telephone bill.

FTS2001 is the only authorized long distance carrier for APG.

For more information, call Popp, 410-306-4491.

Cutout for desktop use when dialing on-post and DSN

	Commercial	On Post	DSN
AA/APG	410-278-XXXX	3-XXXX	298-XXXX
AA/APG	410-306-XXXX	4-XXXX	458-XXXX
EA/APG	410-436-XXXX	5-XXXX	584-XXXX

AAFES gas stations complete change to ethanol fuel

Story by
YVONNE JOHNSON
APG News

Aberdeen Proving Ground gas stations completed the conversion from regular gasoline to Ethanol blended fuel April 27, in accordance with a Department of the Army directive making the conversion mandatory by May 1.

Leo Bitner Jr., general manager of the Fort Meade Consolidated Exchange, said the Fort Meade, Fort Detrick and Dover Air Force Base stations completed their conversions as well.

“The U.S. is phasing out Methyl Tertiary Butyl Ether [MTBE] from gasoline effective May 1,” Bitner said, noting that “the substance is responsible for groundwater and soil contamination.”

The process included draining the

tanks of all regular gasoline, and changing the filters before filling them with the ethanol fuel.

Bitner said the conversion brings AAFES stations in line with civilian facilities, many of whom completed their conversions months ago.

“It’s supposed to be cleaner than gasoline, and that will definitely help the environment,” he said.

Ethanol fuel for internal combustion engines, either alone or in combination with other fuels as an oxygenate, is a valuable sustainable energy resource. This chemical derived from crops offers potential environmental and long-term economical advantages over fossil fuel.

Ethanol is increasingly used as an oxygenate for gasoline, as a replacement for MTBE, the latter chemical having caused significant damage to soil and groundwater sources.



Law books, a gavel and a copy of the Aberdeen Proving Ground Law Day proclamation signed by Maj. Gen. Roger A. Nadeau, commander of APG and the U.S. Army Research, Development and Engineering Command, make up part of the Law Day display in building 310.

Community celebrates Law Day

Story and photo by
YVONNE JOHNSON
APG News

With the theme, “Liberty Under Law: Separate Branches, Balanced Powers,” the American system of checks and balances was celebrated during the 2006 Law Day Luncheon held at Top of the Bay April 24.

Frederick J. Smalkin, senior judge, U.S. District Court for the State of Maryland, was the guest speaker.

Col. Brian Brady, Aberdeen Proving Ground staff judge advocate, hosted the event. Brady said the event was a significant celebration of the U.S. Constitution.

“This year we celebrate the foundation upon which this nation governs itself,” Brady said. “The Constitution we support divided the separation of powers. Today we are honored to have Judge Smalkin as our keynote speaker.”

Col. John T. Wright, APG Garrison and deputy installation commander, introduced Smalkin and remarked on the impact the American system has had on the world.

“Our system of checks and balances stands as a model for other nations of the world,” Wright said.

Smalkin, who leads the Maryland Defense Force and serves on the governors’ Emergency Management Commission, focused on how the emergency management mission is overseen by state and federal authorities.

“Instead of discussing separation of powers in the legal context, I’m

going to talk about the sharing of the emergency management mission in this state,” Smalkin said.

He explained that Homeland Defense evolved from the Civil Defense of the World War II era, noting how the mission eventually became the responsibility of the Maryland Military Department.

“Eventually Civil Defense went away and over the years evolved into [a group of] agencies that include the Maryland Emergency Management Agency, the National Guard and Air National Guard and the Maryland Defense Force,” he said.

He said that the possibilities of pandemics and natural disasters will require more of the defense force mission.

“Maryland is far ahead of other states in this mission,” he said.

“There are not enough active duty and National Guard to accomplish this mission,” he said.

The state of Maryland has invested heavily in inter-operability and sustainability, enabling communication between emergency responders, Smalkin said.

“We learned a huge lesson from Hurricane Katrina,” he added. “The new focus is on fiscal responsibility, making sure funds are spent on things people really need and on sustainability, focusing on spare parts and other things that will be needed for survival.”

He said the Maryland Defense Force is a trained, non-combat force

See LAW DAY, page 12

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ASAP warns about warm weather activities, alcohol

Deployment News

Army spouses march to say ‘thank you’

Story by
JONI PLATT
20th Support Command (CBRNE)

None of the participants had ever done a marathon before, but they knew their drive and determination would get them through the 26.2-mile course. They wore T-shirts that said ‘734th EOD - in Memory of SFC Jessen.’

Last March, seven members of the 734th Ordnance Company, 71st Ordnance Group (EOD), participated in the Bataan Memorial Death March at White Sands, N.M. in honor of Sgt. 1st Class Kevin Jessen from the 22d Chemical Battalion (Technical Escort). Jessen was stationed at Aberdeen Proving Ground and was attached to a team from the 734th while deployed in support of Operation Iraqi Freedom. He was killed in action.

“We did the march to honor Sgt. 1st Class Kevin Jessen and to simply say thank you for his service to our great country,” said Talli Sosa,

march participant and Family Support Group Leader for the 734th. “Explosive Ordnance Disposal is such a small community, and when one Soldier is taken from us, it really hits home.”

Team members included Marcus Rodriguez, husband to Pfc. Tasia Rodriguez; Laura Gerlt, spouse of Sgt. 1st Class Lester Gerlt; Alina Haro, spouse of Sgt. 1st Class Juan Haro; Erica Lungstrom, girlfriend of Spc. Matthew Humphrey; Wendy Boling, spouse of 1st Sgt. David Boling; and Lucy Silva-Stump, mother of Spc. Redwing Lovesign.

The Bataan Memorial Death March honors a special group of World War II heroes. These brave Soldiers were responsible for the defense of the islands of Luzon, Corregidor and the harbor defense forts of the Philippines.

On April 9, 1942, tens of thousands of American and



Photo by ALFRED NAVARRO
734th Ordnance Company, 71st Ordnance Group (EOD) Family Readiness Group and march participant, Talli Sosa, right, takes a break at the 12-mile mark with veteran Bataan Death March survivor, former Cpl. Lloyd R. Hackenberg from Las Cruces, N.M.

Filipino Soldiers were forced to surrender to Japanese forces. Service members

did not have much time to train for it.

Captured by the Japanese, they marched for days in the scorching heat through the Philippine jungles. Thousands died and those who survived faced the hardships of a prisoner of war camp. Others were wounded or killed when unmarked enemy ships transporting prisoners of war to Japan were sunk by U.S. air and naval forces.

“We all fear that our loved ones may not be back safe, and when one doesn’t come back we are reminded again of the difficult and ongoing mission that our loved ones are willing to do over and over again,” Sosa said.

Those marching the 26.2 miles were able to possibly experience a small part of what the World War II Soldiers endured during their long trek through the Philippines.

Most of the team members had never participated in a marathon and admitted they

New fitness program being evaluated

Addresses potential weight, muscle loss in Soldiers in Afghanistan

Soldier Systems Center

The U.S. Army Research Institute of Environmental Medicine, along with the U.S. Army Center for Health Promotion and Preventive Medicine and the Army Physical Fitness School, has

initiated a two-phased study to investigate potential weight and muscle loss in Soldiers deployed to Afghanistan.

The formal study has been prompted by Soldier observations and anecdotal evidence of weight/muscle loss, accord-

ing to Marilyn Sharp, a research health exercise scientist in the Military Performance Division at USARIEM.

In February, Sharp’s team, as well as CHPPM and the Army Physical Fitness School,

collected data on several hundred Soldiers who were set to deploy to Afghanistan. Upon their return, the Soldiers will be re-assessed to evaluate body composition changes. Some of the Soldiers will be trying out a new fitness program called Physical Readiness Training.

In Afghanistan, Soldiers are often on the move, carrying heavy loads on physically demanding terrain under high altitude conditions, which can stress the heart and the lungs. The loss of muscle mass and weight could impair the Warfighter’s ability to carry out his mission.

“These Soldiers are expending a great deal of energy in a high-altitude environment,” Sharp said.

PRT strengthens muscle groups that enable Soldiers to perform their duties more efficiently and with fewer injuries.

During the group’s pre-deployment evaluation, USARIEM documented fitness levels and recorded the Soldiers’ body mass. The Soldiers were assessed in five areas: aerobic capacity, muscle strength, upper and lower body power and body composition.

The Soldiers also filled out lifestyle questionnaires to document health-related issues and exercise habits. The questionnaire will track how habits change during deployment and how habits are affected by the new exercise training program.

The data collected from the five fitness tests and from the questionnaire will be used to create a database capturing each Soldier’s overall physical condition. The Soldiers will go through the five fitness tests again upon their return.



Spc. Daniel Catrambone and Sgt. Joseph Alemany, both from the U.S. Army Research Institute of Environmental Medicine, test the vertical jump height of a Soldier from the 10th Mountain Division at Fort Polk, La. The jump height, power, and acceleration are measured simultaneously using a Vertec jump system, a force plate and a ballistic measurement system.

Scientists anticipate that the Soldiers using the new exercise program will have fewer injuries, increased mobility, and be better able to perform

their jobs.

For more information about USARIEM, visit Web site <http://www.usariem.army.mil>.



Photos courtesy of U.S. ARMY RESEARCH INSTITUTE OF ENVIRONMENTAL MEDICINE
This Soldier has his aerobic capacity measured as part of a series of tests that will be performed before and after deployment to Afghanistan.

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by Homestead Publishing Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Homestead Publishing Company of the products or services advertised.

For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, IMNE-APG-PA, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@apg.army.mil. Deadline for copy is Thursday at noon for the following Thursday’s paper.

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Researchers used low-level x-ray equipment to get an accurate measure of body composition to help determine body fat, muscle and bone density.

MRICD hosts French delegation

Story by
CINDY KRONMAN
MRICD

A delegation of French government officials visited the U.S. Army Medical Research Institute of Chemical Defense on April 5.

Represented on the delegation were individuals from the Office of the Prime Minister, Central Directorate of Uniformed Health Services, Ministry of Health, Ministry of Defense, the French Atomic Energy Commission and the Embassy of France.

The delegation was in the United States at the invitation of Secretary Michael Chertoff, Department of Homeland Security, for discussions on chemical, biological and radiological defense issues and requested the opportunity to visit organizations involved in this mission.

Col. Brian Lukey, MRICD commander, welcomed the guests and provided an overview of the institute.

“The institute’s mission has expanded since September 11,” Lukey said, “from providing medical countermeasures to chemical warfare agents and training in chemical casualty care exclusively for the Warfighter to now supporting efforts to protect the nation’s civilian population in the event of a terrorist attack with chemical weapons.”

Following the commander, Dr. Douglas Cerasoli briefed the delegation on MRICD’s efforts to develop a bioscavenger pretreatment for nerve agent exposure. The program is looking at using enzymes that are natural to the body to provide protection against the effects of chemical warfare nerve agents.

Cerasoli pointed out several contributions to the research made by French scientist Denis Josse from the Centre de Recherches du Service de Sante des Armees, who worked at MRICD under a scientific exchange program.

During a tour of several



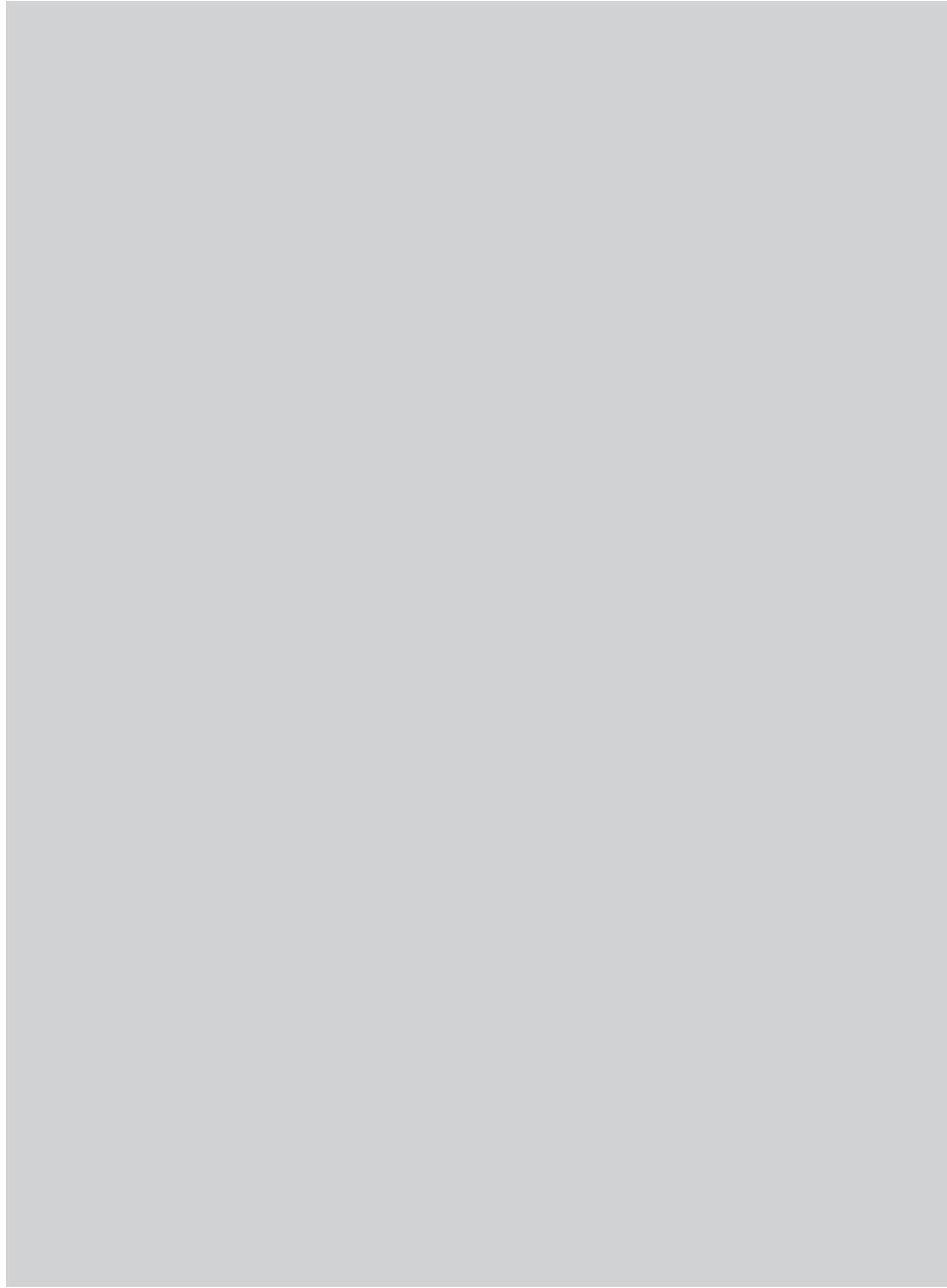
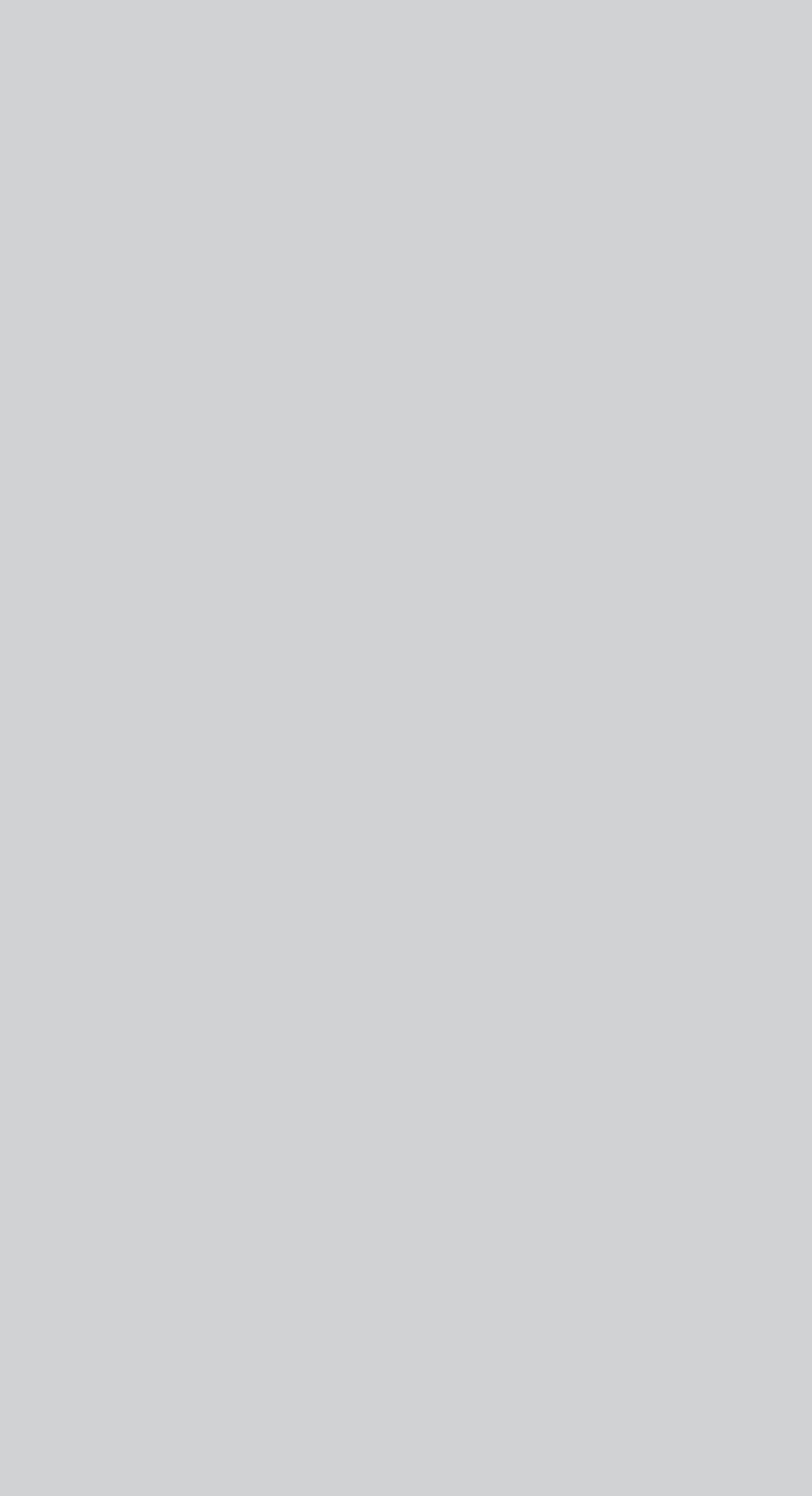
Photo by STEPHANIE FROBERG
Dr. Robert Werrlein, center, describes the molecular damage in cells and tissues exposed to chemical warfare agents, as illustrated through multiphoton laser-scanning microscopy. The red and green glasses held by the French visitors allow 3-dimensional viewing of the images from the microscope.

laboratories, Dr. John McDonough discussed the institute’s efforts to improve the currently fielded treatment for seizures caused by exposure to chemical nerve agents. He discussed several of the drug alternatives to diazepam, the current treatment, that are being tested, and highlighted his program’s interaction with counterparts in French govern-

ment research laboratories.

Dr. Kwai Kan and Tracey Hamilton discussed some of their research results using the advanced technology of the institute’s new JEOL 7401F Field Emission Scanning Electron Microscope, which allows biological specimens to be viewed at ultra-high resolution using low voltages.

See MRICD, page 12



Post Shorts

Activity may take place in the installation's restricted waters and/or in the air, over both land and water, and may include weapons firing and use of air and watercraft.

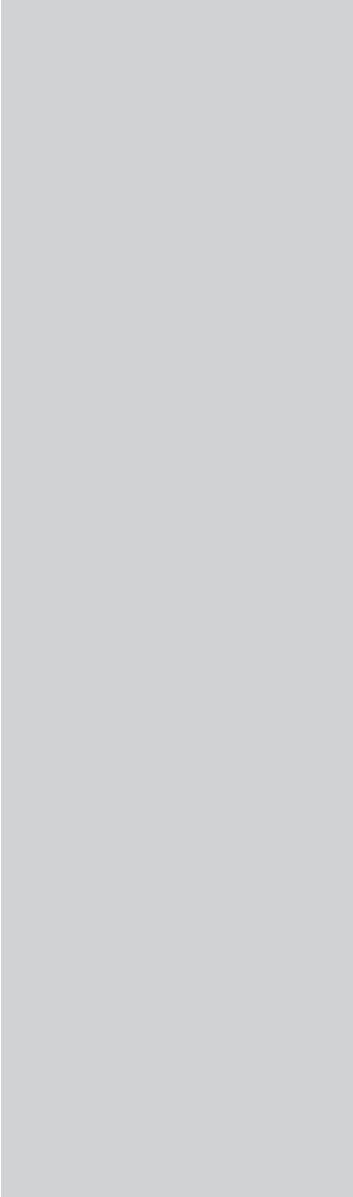
For complaints or more information, call 410-278-1147, 410-278-1153 or 1-800-688-8705.

Thrift Shops holds \$2 bag sale in May

Throughout May, the Thrift Shop will hold a \$2 bag sale in the Bargain Room.

Hours are 11 a.m. to 6 p.m., Wednesday; 10 a.m. to 2 p.m., Thursday; and 10 a.m. to 2 p.m. the first Saturday of the month.

For information, call during shop hours only, 410-272-8572.



Hydrant flushing begins in May

Fire hydrant flushing in the Aberdeen Area of APG is scheduled through June 16. The city of Aberdeen will perform annual hydrant flushing starting with the family housing area starting at 4 p.m., Monday through Friday of each week.

Through May 5, flushing will include blocks 2900, 2700, 2500, 2800, 3700, 3800, 3900 and 2400.

May 8 through 12, flushing will include blocks 2400, 2300, 2200, 2100, 200, Plumb Point

Housing, 300 Block and Spesutie Island.

May 15 through 19, flushing will include blocks 1000, 700 and 500.

May 22 through 26, flushing will include blocks 300, 200 and 400.

May 30 through June 2, flushing will include blocks 600, 3000 and 4000 blocks.

June 5 through 16, flushing will include blocks 3000 and 4000.

Road closure for ceremony

The U.S. Army Ordnance
Continued on page 5

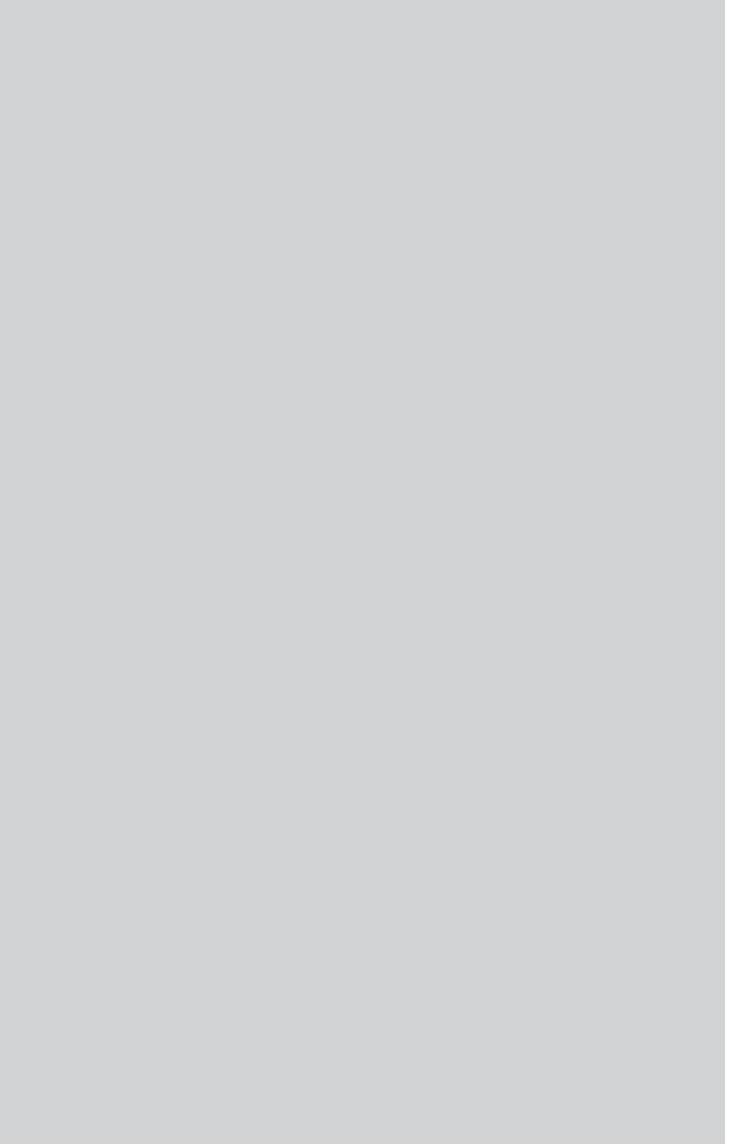
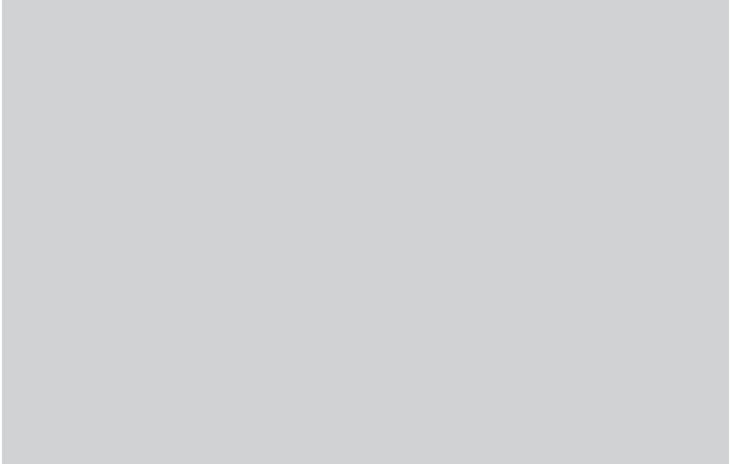
MOVIES

ADMISSION: ADULTS \$3.50, CHILDREN \$1.75

Building 3245 Aberdeen Boulevard

To verify listing, call 410-272-9008, or visit www.aafes.com and click on "Movie Listing."

INSIDE MAN	Bush, Adam Goldberg
Friday, May 5, 7 p.m.	After their buddy is killed, a crew of teenage gamers finds Stay Alive, a cutting-edge survival game based around a 17th-century woman called the Blood Countess. The game's not even on the market yet, but the kids can't resist playing it. Soon they realize that when someone in the game dies, he or she dies exactly the same way in real life. (Rated PG-13)
LARRY THE CABLE GUY	
Saturday, May 6, 9 p.m.	Starring: Larry the Cable Guy, Iris Bahr, Bruce Bruce, Joanna Cassidy, Brooke Dillman
	Larry the Cable Guy plays a health inspector assigned to greasy-spoon joints along with his rookie partner (Bahr). But they hit the big time when they get their latest case: a string of mysterious food poisonings in the city's swankiest restaurants. Larry charms the apron off a local waitress, but his strange methods get him fired. The only way to get his gig back is to find the conspirators and bring them to justice. (Rated PG-13)
STAY ALIVE (FREE ADMISSION)	
Saturday, May 6, 7 p.m.	Starring: Jon Foster, Samaire Armstrong, Frankie Muniz, Sophia



CAC PIN reset operations update

DOIM

In support of the anticipated initial surge of CAC PIN Resets, Common Access Card PIN reset operations will be available through June 1.

CAC PIN reset operations are held 8:30 to 11:30 a.m., Tuesday, Wednesday and Thursday, at the Aberdeen Recreation Center, building 3326 on Erie Street and at the Edgewood Stark Recreation, building E-4140, at the corner of Wise and Austin Roads.

Only those requiring a reset of their CAC PIN number need to go. Those who do not know their CAC PIN Number should come to one of these CAC PIN reset locations.

No CAC PIN Resets will be conducted at DOIM, building 316 on Johnson Street until further notice.

Personnel are reminded to register

their Common Access Card in preparation for the upcoming Army implementation of CAC logon to the network. As directed by the Army, the usage of username-password logon to the network will be replaced with CAC logon. This will begin based on a phased deployment schedule starting May 1. Personnel who do not register their CAC online, will eventually be unable to access their computers.

If users have not done so already, CAC registration must be completed by executing the following ‘easy’ steps:

- Navigate to Web site **http://caclogon/**. (Click “Yes” if a “Security Alert” dialog box appears and asks “Do you want to proceed?”)
- Insert the CAC card into the smart-card reader and follow the instructions to register.

A message will appear upon successful CAC registration. Once approved by a systems administrator, a confirmation e-mail will then be sent to the user’s AKO address notifying them that their account is now ready for CAC logon.

For more information and Frequently Asked Questions regarding CAC Logon, navigate to the DOIM intranet site

http://130.114.20.112/apg/ and click on “FAQ CAC” on the left-hand side of the screen.

Important information

APG CAC registration is unrelated to AKO CAC registration. Users must still register their CAC on the **http://caclogon/** Web site in addition to registering their CAC with AKO.

For more information, call the DOIM Service Desk at 410-306-4357, 4-HELP or 4-4357.

Center and Schools will be hosting a Retreat Ceremony May 12. To support the ceremony, Aberdeen Boulevard will be closed to vehicular traffic from 2:30 to 4:30 p.m. Aberdeen Boulevard will be blocked between Boothby Hill Road/Aberdeen Boulevard and Belair Street/Aberdeen Boulevard.

Volunteer LPNs and RNs needed

Kirk U.S. Army Health Clinic needs volunteer licensed practical nurses and registered nurses to assist with clinical duties. Students are welcome.

For more information, call Maj. Kathy Reynolds-Presper, 410-278-1813.

KWVA chapter seeks members

Chapter 271 of the Korean Wars Veterans Association, KWVA, is looking for a few good members. Korean War veterans or any service member who has served in Korea is encouraged to attend the monthly meetings to learn about the latest goings on in the state and federal legislatures regarding veterans’ benefits, to participate in community service projects, and to enjoy the camaraderie of fellow veterans.

Group members meet at American Legion Post 128 in Aberdeen on the last Monday of each month at 6:30 p.m.

For a membership application or more information, contact Nick Guerra, membership chairman, 410-272-0458.

Boat club holds Safety Expo

The Spesutie Island Boat Club will hold a Safety Expo 9 a.m. to noon, May 20, featuring boat inspections from 9 a.m. to 3 p.m. only, a safety video, a flare display, Coast Guard and APG Fire Department representation and more. Coffee and donuts will be available. All are welcome.

For more information, call Tim Sprucebank, 410-278-5618.

Register for the 2006 Army Birthday Ball

Celebrate the Army’s 231st Army Birthday Ball, 5:30 p.m., June 10, at the Hilton Washington Hotel in Washington, D.C.

All U.S. Army Soldiers, family members, Department of the Army civilians, contractors, retirees, veterans and their guests are invited to attend the event. Tickets cost \$70 each and include dinner and entertainment.

A limited number of discounted tickets of \$40 each will be available for E-6s, GS-7 civilians and below.

For more information, or to register for the 2006 Army Birthday Ball, visit Army Knowledge online at **www.us.army.mil** and follow the link to the ball. Seats are limited.

EEO volunteers

needed

The Equal Employment Opportunity Office is looking for volunteers for the following committees: Asian American/Pacific Islander, Black, Federal Women, Hispanic, Native American/Alaskan Native and Program for People with Disabilities

For more information or to volunteer, call 410-278-1137.

Job openings at ChalleNGe Academy

The following positions are vacant at the Freestate ChalleNGe Academy.

A full-time contract GED classroom instructor is needed for someone with a bachelor’s degree or higher. Experience working with students with a diverse background is preferred. Military Youth Worker positions are open for those looking for a challenging job working with youth between the ages of 16 and 18 years old.

*(Editors Note: More shorts can be seen at **www.apgnews.apg.army.mil** under Shorts.)*

Community Notes

**FRIDAY, SATURDAY AND SUNDAY
MAY 5, 6 AND 7
HAVRE DE GRACE
DECOY FESTIVAL**

The Havre de Grace Decoy Museum will hold its annual Decoy and Wildlife Art Festival at the Havre de Grace High School and Middle School, 6 to 9 p.m., May 5; 9 a.m. to 5 p.m., May 6; and 10 a.m. to 4 p.m., May 7.

More than 140 artists from all over the country will exhibit their work.

Events include carving competitions, the 4th Annual J. Evans McKinney Old Decoy Contest, retriever demonstrations, children’s decoy painting session with “Mother Goose,” silent auctions and more.

Passes cost \$6 for one day or \$10 for the weekend. Children ages 12 and under enter free with a paying adult.

Free shuttle bus service will be available.

The Decoy Festival is handicapped accessible.

For more information or to purchase passes, call 410-939-3739.

**SATURDAY
MAY 6
JOHN ARCHER
SCHOOL SPRING FESTIVAL**

The John Archer School, located at 100 Thomas Run Road, Bel Air, will hold its annual Spring Festival, 9 a.m. to 2 p.m.

Proceeds will benefit funding the purchase of special equipment and programs that otherwise would not be available to students.

Activities will include student performances, a silent auction, games, bake sale, raffle, crafts, food, gourmet

treats and a visit from the Raven’s NFL Ultimate Fans, Fan Man, Raven Maniac and Poetic Justice with the Ultimate Fan Bus, 10 a.m. to noon.

For more information, call 410-638-3810.

BASKET BINGO

Basket Bingo to benefit Aberdeen High School scholarships will be sponsored by Aberdeen Lions Club Charities, Inc., at the Aberdeen Fire Hall, Rogers Street.

Doors open at 6 .pm.; bingo begins at 7 p.m.

Food, desserts and drinks will be available.

Cost is \$10 per ticket, additional sets cost \$5.

Door prizes, special games, and raffles are part of the fun.

For tickets, call Cynthia Moats, 410-273-1500 or e-mail CynAMoats@aol.com.

REVOLUTIONARY FUN

Go back in time while making crafts and playing games as children did in the Colonial days. Be a part of something historically fun.

The fee is \$5 for ages 4 through 8 and is 10 to 11:30 a.m. Reservations are required.

For information, directions to the Anita C. Leight Estuary Center or to make a reservation, call 410-612-1688 or 410-879-2000, extension 1688.

COLONIAL CHESA-PEAKE

Leap into the past and learn the importance of the Bay to the nation’s forefathers. Play period games and enjoy period toys. Discover the good ole’ days of no electricity, television or video games.

The fee is \$5 for ages 8

through 16 and is 1 to 3:30 p.m. Reservations are required.

For information, directions to the Anita C. Leight Estuary Center or to make a reservation, call 410-612-1688 or 410-879-2000, ext. 1688.

WEE WONDERERS

Come to the Anita C. Leight Estuary Center to discover what’s happening in spring. This program is free and runs from 3 to 4 p.m. for ages birth through 4. Reservations are required.

For information, directions to the center or to make a reservation, call 410-612-1688 or 410-879-2000, extension 1688.

**SUNDAY
MAY 7
NATURAL BORN
BEAUTIES**

It is the season for wildflowers, some fleeting and rare, other common ones everywhere. Search for these gems on a walk through Leight Park.

This program is free and

runs from 10 to 11:30 a.m. for ages 5 through adult. Reservations are required.

For information, directions to the Anita C. Leight Estuary Center or to make a reservation, call 410-612-1688 or 410-879-2000, ext. 1688.

BASKET BINGO

Basket Bingo to benefit the Relay for Life will be held at VFW Post 6027, Route 272, Turkey Point Road, North East.

Doors open at 2 p.m., bingo starts at 3 p.m. Tickets cost \$10 for all paper cards.

Extra packs cost \$5 each. Food, beverages, baked goods, door prizes and raffles will be available.

No smoking will be allowed.

For more information or to purchase tickets, call Anne Gibson, 410-378-3338 or Susan Twigg, 443-206-2016.

(Editors Note: More calendar events can be seen at www.apgnews.apg.army.mil under Cmty. Notes.)



Morale, Welfare & Recreation

2006 Army Arts and Crafts Contest deadline nears

USACFSC

The Aberdeen Proving Ground Arts & Crafts program encourages patrons to participate in the U.S. Army Community and Family Support Center's 2006 Army Arts and Crafts contest.

All authorized patrons of Morale, Welfare and Recreation are eligible to enter, with the exception of employees of the Army Arts and Crafts program.

"The contest is geared more toward adults so contestants should be age 16 or older," said Debbie Brooks-Harris, manager of the Aberdeen Arts & Crafts Center.

The deadline for entries is May 15. Artwork can be dropped off at the Aberdeen Arts & Crafts Center in building 2407 or in Edgewood in building E-4440.

"First, second and third-place artwork will advance to regional competition with a chance to compete at the Army-wide level," she said.

The winners will be announced during an Opening Reception 6 p.m., May 18 at Top of the Bay.

The Army Arts and Crafts Contest is an annual, juried competition of 2 and 3-dimensional artwork. Submissions must be entered in Group I, Novice, or Group II,

Accomplished, based on the experience level of the artist.

Novice is considered to be individuals whose art skills have not been gained in formal education leading to college credit or a college degree.

Accomplished means individuals who have gained skills and knowledge through formal courses leading to credit in college or art schools or received awards in professional competitions.

Original artwork entered into installation-level competition must be conducted using the original artwork.

Regional or Army-wide competi-

tions will be conducted as digital image files. Contestants may submit up to three copy images for each piece of artwork.

Installation arts and crafts personnel should assist persons needing to photograph their artwork for submission and assist as needed in filling out the contest entry forms.

Eligible patrons may enter up to five works per category. All work must be the original work of the entrant, completed within 24 months of the start of the current contest year.

Artwork must be entered in the following categories:

- Oil base painting

- Water base painting
- Fibers and textiles
- Metals and jewelry
- Mixed media – 2D
- Mixed media – 3D
- Ceramics
- Drawings
- Glass
- Prints
- Wood

For more information, contact Brooks-Harris, Aberdeen Arts & Crafts, building 2407 at 410-278-4207 or e-mail her at debbie.brooksharris@apg.army.mil



Rob Carpenter bowls a game on the Bowling Center lanes where he scored a perfect 300 game during intramural league play on April 11. Carpenter is a laboratory technician with Kirk U.S. Army Health Clinic.

APG civilian bowls perfect game

Story and photo by
YVONNE JOHNSON
APG News

A Kirk U.S. Army Health Clinic civilian made a mark on Aberdeen Proving Ground sports history when he bowled a perfect game of 300 during intramural play at the Aberdeen Proving Ground Bowling Center April 11.

Rob Carpenter, lead laboratory technician and quality assurance coordinator, accomplished the feat while bowling on the Tuesday night league with a team from the U.S. Army Center for Health Promotion and Preventive Medicine.

Dave Brewner, bowling center manager, said it was the first time in 11 years that a perfect game was bowled on the installation.

"They were the last team finishing up and folks were standing around watching," Brewner said. "I knew something was up when I looked up at the screen."

He said it was an awesome moment when Carpenter "got the last ball out there and in the pocket."

"I've seen it done before on TV but it's completely different when you're actually there,"

he said.

For his achievement, Carpenter received a Pro Bowling Bag and towel, hand powder, shoe protectors and coupons for seven free games.

"He's a good, experienced bowler anyway," Brewner said of Carpenter, "but still no one expected to watch a once-in-a lifetime achievement that day."

Carpenter retired from the Army as a first sergeant with CHPPM. He's been bowling with the organization's intramural team since 2001 along with his wife Leslie, son Patrick and family friend Sampson Tatum.

With a 187 pin average, Carpenter said he always knew a perfect game was possible but didn't see it coming until the seventh frame.

"I've had six strikes in a row before but when I got the seventh, I started to feel it," he said. "I was shaking a little, waiting for something to go wrong but it never did."

He said that after all the pats on the back and gifts, he went home, called a few family and friends then watched TV and went to bed.

"It was just a regular evening," Carpenter said, "except for a few minutes that were really amazing."

Chesapeake Challenge Park opens May 6

On Saturday, May 6, Chesapeake Challenge Amusement Park will open for the summer season. The park is located on Susquehanna Boulevard in building 3410.

The summer hours are 5 to 9 p.m., Monday, Thursday and Friday; 12 to 9 p.m., Saturday, Sunday and holidays. On Tuesdays and Wednesdays the park is open for group outings by appointment only.

Whether looking for some place to hold a party or be outside for the day, Chesapeake Challenge has many options available. Batting cages, a go cart track, 18-hole mini-golf, snack bar and arcade games are some of the fun things available at Chesapeake Challenge.

For more information, call 410-278-9920.

Bowling Center offers '101 DAYS OF SUMMER FUN!'

CFSC

From Memorial Day weekend to Labor Day, children at 74 Army installations will be invited to bowl 101 free games and to enter for a chance to win prizes. The promotion is being offered by the U.S. Army Community & Family Support Center to attract youths in grades K-12 to Army bowling centers and to introduce them to the sport of bowling.

A great line-up of sponsors and prizes will make this a very exciting promotion. Hollywood Records is sponsoring one of two grand prizes—a trip for the winner and three guests to an Aly & AJ concert—one of those guests must be the parent or legal guardian of the winner.

The package will include airfare, two-night stay, a backstage meet and greet opportunity, and \$500 to cover incidental expenses. Children will bowl to Aly & AJ music, and their CDs will be given away as part of the local drawing.

The second grand prize, sponsored by Walden Media and New Line Cinema, is a private screening party for

the winner and 100 friends to see the movie "How to Eat Fried Worms." The party will include the film, sodas and snacks, and some fun contests (gummi worm eating contest) and prizes.

Walden Media and New Line Cinema are also providing Hoot movie DVDs, soundtracks, the book and a guide for educational activities that schools, libraries and youth centers can use. Centers will also have the Hoot soundtrack to entertain bowlers.

The third major sponsor

prizes.

"Since our sponsors are all in the entertainment business," said Shirley Kappa, CFSC Events Division, "we have added other prizes that should appeal to our young audience." Every participating bowling center will also award a portable DVD player and an iPod Shuffle at the end of the summer.

Beginning May 27, youths can pick up their free game card at participating bowling centers. Every day, all summer long, they will be entitled to 1 free game with 1 paid game of bowling. Their card will be stamped and will serve as their entry form for local prizes and the grand prize drawings.

"They don't have to bowl to enter the drawings," Kappa said. "However, they miss out on a lot of fun and 101 free games if they don't take advantage of this special offer. According to Kappa, when it comes time for the local prize drawings around

is THQ-one of the fastest growing video game publishers in the world; providing 200 Bratz, SpongeBob Square-pants and WWE Smackdown Raw video games to be used as local

Labor Day weekend, the card with the most games bowled will have 1st choice of the local prizes available.

For more information on this promotion, call Dave Brewner, 410-278-4041.

Activities

For more information on MWR activities, call 410-278-7474 or visit Web site www.apgmwr.com.

Parent Information Exchange

This program is for Exceptional Family Members and is held 6 to 7 p.m. the second Tuesday of every month.

This support group is designed to assist military families who have family members with special needs.

Improving a member's ability to cope and discuss community resources is the goal. Free child care is available, but call in advance if needed.

Play Mornings

This weekly play group for parents and children under 6-years-old meets 9:30 to 11 a.m., Monday and Wednesday.

Have fun and meet other parents while children socially interact with

each other.

This is an ongoing program and play groups are held in the APG Chapel, room 5.

For information on any SKIESUnlimited program or if interested in teaching classes, contact Sarah Behl, 410-278-4589. To register for classes, contact Central Registration, building 2752, 410-278-7571/7479.

One-on-one math tutoring

A variety of math tutoring sessions will be given each Tuesday through the end of the school year—everything from 6th grade math to pre-calculus.

Sessions are scheduled on a monthly basis. Sign up for a four-week session with a certified teacher who has more than 22 years of experience. Space is limited.

Driver's education

Driver's education classes are being taught on both Aberdeen and Edgewood for students 15 through 18 years of age. Class includes 30 hours of classroom instruction and six hours in-car instructions.

Student must have a learners permit. Parents, guardians or mentors must attend the first class with the student.

For information on these or any other division of sports and fitness, contact Ralph Cuomo, 410-278-2812.

All-Army Sports

Soldier-athletes can now apply to participate in All-Army Sports via the Internet. Any qualified participant with Internet access and an Army Knowledge Online account can apply for the program by visiting <https://armysports.cfsc.army.mil>.

The Web site provides detailed information about the program, competition calendar, selection criteria and points of contact in the

MWR Registration, Tickets and Leisure Travel is located in building 3326. They may be contacted at 410-278-4011/4907, by e-mail at mwr_registration@apg.army.mil or on the Web site, www.apgmwr.com.

MWR has baseball tickets

The Baltimore Orioles will play against the Detroit Tigers, 7:05 p.m., May 11. Tickets cost \$48 each. Seats are located in Section 40, Row WW, seats 11 to 12 and Row XX, seats 11 to 12.

Shop till you drop

Enjoy the day in New York City May 13. There is no set agenda—spend the day seeing a show, shop-

ping, site seeing or anything else.

The bus will leave at approximately 8:15 a.m. and return around 10 p.m. The cost is \$39 and space is limited. Reserve space early.

For information on these or any other classes, contact Charles Heinsohn, 410-278-3868. To sign up for the class, visit MWR Registration in building 3326, call 410-278-4011/4907, e-mail mwr_registration@apg.army.mil or visit Web site, www.apgmwr.com.

Carpentry for the novice

Receive hands-on instruction in the art of carpentry from a licensed carpenter and contractor 6 p.m., Thursdays, beginning today at Woodshop Arts and Crafts in Edgewood.

Classes will teach the skills necessary to become proficient in wood working procedures.

March retirement ceremony recognizes three at APG

Story by
MIKE CAST
DTC

A Soldier and two long-term APG employees were honored at the garrison retirement ceremony March 29. Brig. Gen. Michael Combest, commander of the Army Developmental Test Command, headquartered at APG, was the presiding officer.

First Sgt. Robert Graves, who entered the Army in 1980 and went through boot camp and advanced individual training at Fort Benning, Ga., before a series of Army assignments, was honored at the ceremony for some 25 years of military service. Robert Weaver, who began his Army career 38 years ago as a pipe fitter in APG’s Facilities Engineering Directorate, was also recognized at the ceremony along with Diane Brown, who began her federal career 35 years ago as a personnel staffing intern with the General Services Administration in Washington, D.C.

1st Sgt. Robert Graves
Graves’ Army career took him to assignments as diverse as the Republic of South Korea, Germany and Bosnia. In South Korea, he served with the 702nd Main Support Battalion, 2nd Infantry Division, based at Camp Casey, about 11 miles south of the demilitarized zone. He completed a second tour of duty there, this time with the Division Support Command of the 2nd Infantry Division.
He served as an infantry Soldier in Aschaffenburg, Germany, and came back for a second tour at Aschaffenburg as a quality assurance inspector for the U.S. Army Materiel Command’s Combat Equipment Group North in Monchengladbach, Germany. The mission there was ensuring the quality of Army materiel such as vehicles and weapon systems, pre-positioned in Europe to project U.S. military power overseas.
Graves also took part in Operation Desert Shield/ Storm in 1991, and he served with the

NATO Stabilization Force in Bosnia and Herzegovina, where he was in charge of a motor pool.
Robert Weaver
He began his first APG assignment in 1995, with the 203rd Military Intelligence Battalion, before he became a drill instructor with the U.S. Army Ordnance Center and Schools.
Although Weaver began as a civilian at APG during the Vietnam War era, he put that on hold for a while and enlisted in the Army. After going through boot camp at Fort Bragg, N.C., and advanced individual training as a combat engineer at Fort Leonard Wood, Mo., Weaver was sent to Vietnam to serve with the 9th Infantry Division. The division was sent to Vietnam in December 1966 to support the Army’s III Corps and stayed there until October 1970.
After returning to work at APG, he eventually became a work foreman and attained management responsibilities within the Directorate

of Installation Operations, a position he held until retirement.
Diane Brown
Following her position with the General Services Administration, Brown worked as a personnel staffing specialist in various federal assignments before coming to work at APG. During her assignment with the Civilian Personnel Operations Center, she became a team leader for CPOC’s Branch C, which services the U.S. Army Corps of Engineers.
She was also a member of CPOC’s Reduction in Force Team, which is responsible for all reduction-in-force-related personnel actions in the northeastern region of the United States.
As a member of CPOC’s medical cell, Brown assisted the Department of the Army with recruitment actions for all medical positions that needed to be filled within the Army. This was a major worldwide recruitment effort.

U.S. Army announces regional winners for 2006 eCYBERMISSION competition

Story by
TRINACE JOHNSON
RDECOM

The 16 1st place regional winning teams that are invited to Washington, D.C. in June to compete in this year’s eCYBERMISSION National Judging and Educational Event have been announced.
eCYBERMISSION is a Web-based science, math and technology competition, that allows students in grades six through nine to compete for regional and national awards, while working to solve problems in their community.
This year’s 1st Place Regional Winners hail from across the country and around the world. The sixth grade 1st Place regional winners are: Caution Humps, West Branch, Iowa.; Gremlins, Asbury Park, N.J.; Sew-n-Sew, Whiteface, Texas; and Titan Investigators, Covington, Ky. The seventh grade 1st Place

Regional Winners are: Audio Geeks, Elm Grove, Wisc.; B r a i n s a n d B r a w n , Alexandria, Va.; Safety Chicks, Heidelberg, Germany; and VROOOM!, Whiteface, Texas. The eighth grade 1st Place Regional Winners are: ‘Cane Hammers, Pembroke Pines, Fla.; Prettyprincesses, Vienna, Va.; Silver Fireflies, San Jose, Calif.; and The Beatles, Selah, Wash. The ninth grade 1st Place regional winners are: Cafeteria Croomies, Sanford, Fla.; Candle Snuffers, Ada, Okla.; E coli Busters, Yardley, Pa.; and SJA Angels, St. Louis, Mo.
“The U.S. Army congratulates each of the winning teams for their fantastic accomplishments in this year’s eCYBERMISSION competition,” said Tom Moyer, U.S. Army eCYBERMISSION program manager. “These students were selected among thou-

sands and truly set an example for leadership in science, math and technology among our nation’s youth. The U.S. Army hopes to continue to motivate and inspire students’ interests in these areas.”
Through eCYBERMISSION, the U.S. Army has awarded more than \$2.5 million in prize money in support of the science, math and technology leaders of tomorrow.
Since its inception four years ago, over 25,000 students from across the country and in U.S. territories and Department of Defense Education Activity schools worldwide have participated in the competition.
This year, 1,111 teams comprised of 4,035 students submitted their research to the Army for judging. For a complete listing of 2005-2006 winners, visit www.ecybermission.com.

Law

From front page

made up of professionals in health care, law and other specialties, which will augment the National Guard.
“There are many players at the table of Homeland Defense and Homeland Security,” he said, adding that, “it’s difficult to work out all these powers that are separated by the

Constitution but we have a lot of people working very hard to put those pieces of the puzzle together.”
Emergency managers are in “heightened states of awareness as conditions are favorable for extreme hurricanes,” he added.
“The regional approach now instituted by the Federal Emergency Management Agencies will enable people in the field to get resources to areas faster,” he said.
“The good news is, when the balloon goes up, most of us will be well prepared.”

MRICD

From page 3

MRICD is the only organization to have this new technology outside of the company that manufactures the microscope.
In the lab of Dr. Robert Werrlein, the delegation reviewed results of research on the effects of the blistering chemical agent sulfur mustard on cells in the skin. Werrlein’s research is conducted using the technique of multiphoton laser-scanning microscopy, in which femto-second pulses of infra red laser light provide non-invasive, high-resolution, real-time imaging of molecular damage in cells and tissues exposed to chemical warfare agents.
The delegation’s last stop was the Chemical Casualty Care Division, where Dr.

Charles Hurst, chief of the division, provided an overview of the courses and materials MRICD provides to military and civilian health care providers, field medics, first responders, and now hospital personnel, with the newest course, the Hospital Management of Chemical, Biological, Radiological/ Nuclear, and Explosive Incidents course. Hurst was joined by Col. James Madsen, an instructor in chemical casualty care and administrator of the new HM-CBRNE course, who welcomed the delegation by providing a French translation to Hurst’s presentation.
Col. Bruno Sicard, a French foreign liaison officer to the U.S. Army Medical Research and Materiel Command, who is physically located at the MRICD, was full of praise for the division’s Medical Management of Chemical and Biological Casualties course.
Sicard was a student of the course shortly after his assignment to MRMC.
For Claire Arnould, a desk officer for the Secretariat General for National Defense, in the Office of the Prime Minister, the review MRICD’s chemical casualty care training courses and materials was the most enlightening aspect of the visit. Arnould acknowledged that the French government needs to improve in the area of preparing first responders in the civilian community for the possibility of a chemical/biological terrorist attack. Currently, her government is revising the procedures and doctrine for firefighters, police, and other civilian responders.
“This is very important to us,” Arnould said, adding that she is likely to propose an exchange of information and training between her government and MRICD.



Maintaining a beautiful smile

Story by
KATHY BROWN
and **HOWARD JACOBSON**
Redstone Arsenal Dental Clinic

First impressions, good or bad, can be determined in part by a beautiful smile or the lack of one. The mouth and teeth are an important part of a person's appearance. To ensure good oral health and appearance are maintained, the following guidance should be heeded.

Good oral hygiene results in a mouth that looks and smells healthy. This means teeth are clean and free of debris; gums are pink and do not hurt or bleed when brushed and flossed; and bad breath is not a constant problem.

Daily preventive care, including brushing and flossing, is important for overall dental well-being.

- Tips**
- Brush twice daily (especially bedtime) at two minutes per brushing.
 - Floss daily to remove plaque from

- between teeth and under gums.
- Eat a balanced diet and limit snacks between meals.



- Ensure that children under 12 drink fluoridated water or take a fluoride supplement if living in a non-fluoridated area.
- The first key to keeping a bright, healthy smile is proper brushing. This

includes tilting the brush at a 45-degree angle against the gum line and vibrating the toothbrush in tiny circles. Gently brush the outside, inside and chewing surfaces of each tooth. Brush everything inside the mouth, especially the tongue, since 90 percent of the bacteria inside the mouth are on the tongue.

Second is to properly floss. Using about 18 inches of floss, wrap the floss around the middle fingers and "walk" or rub back and forth between the teeth. Then, by following the curves of the teeth, gently rub the floss up and down. The thumbs can be used on the upper teeth and the first fingers on the lower teeth, or any combination that works best.

And, last but not least, regular dental visits are imperative.

By properly following these guidelines, chances for good oral health and appearance will be greatly increased.
(Editor's note: Reprinted from the Redstone Rocket.)

TRICARE Dental Program helps NG, Reserve members maintain deployable status

TRICARE Management Activity

Dental readiness is a key component in determining the deployable status of our service members.

The TRICARE Dental Program, administered by United Concordia Companies Inc., helps National Guard and Reserve members meet Department of Defense dental readiness requirements.

"The TRICARE Dental Program provides a way for National Guard and Reserve members to meet and maintain their dental requirements prior to being called to active duty," said Navy Commander Robert Mitton, deputy director, Dental Care Division, TRICARE Management Activity. "We want to protect our Soldiers, sailors, Airmen and Marines from dental emergencies, especially in times when they are deployed and in harm's way."

At the individual level, oral health is a major player in overall health. When service members maintain their oral health, they enhance their mental and physical well-being in many ways, improving their self-esteem and minimizing their risk of dental emergencies.

The DoD readiness requirement helps the National Guard and

Reserve member reduce their risk of dental problems before and during deployment.

National Guard and Reserve members with at least 12 months remaining on their service commitment and their families are eligible for the TRICARE Dental Program. If the enrolled sponsor is activated, he or she becomes eligible for dental treatment in military dental treatment facilities and is automatically disenrolled from the TRICARE Dental Program. In addition, family members benefit from reduced monthly premiums while their sponsor is on active duty.

Family member enrollment does not depend on the sponsor being enrolled; family members may enroll in the TRICARE Dental Program at any time.

For more information, beneficiaries may access the TRICARE Dental Program online at **www.TRICARE dentalprogram.com**, or call toll-free 1-800-866-8499, 24 hours a day, Monday through Friday. Members residing outside the United States should dial their country code followed by 888-418-0466 (toll-free).

Beneficiaries may also access the TRICARE Web site at **www.tricare.osd.mil** which displays the TRICARE Dental Program Fact Sheet as well as other dental related fact sheets.



Mixing alcohol with warm weather activities

Story by
CINDY SCOTT
ASAP

The sunshine, warmth and long days of the coming season provide a wealth of opportunities for recreation and relaxation, but, when mixed with alcohol, these activities can turn dangerous and even deadly.

"Alcohol consumption can cause a loss of inhibitions, which may lead to aggressiveness, poor judgment and reckless behavior in the water while boating, swimming and diving," said Cindy Scott, Army Substance Abuse Program prevention coordinator. "It can also cause faulty coordination and disorientation in the water, and impair a person's swallowing and breathing reflexes -- both of which are essential to swimming."

Negative consequences of alcohol consumption:

- Drinking may be a factor in 80 percent of boating fatalities, according to the National Transportation Safety Board.

According to the National Safety Council, boating accidents are this country's second-largest cause of transportation injuries.

- According to the National Institute on Alcohol Abuse and Alcoholism, alcohol is involved in an estimated 38 percent of drowning deaths. Data assembled for the Surgeon General shows that this number rises to between 40 and 50 percent for young males.

- Forty to 50 percent of all diving injury victims consume alcoholic beverages, according to the same report.

Alcohol consumption during the summer months for heavy drinkers, can contribute to heat dehydration which can increase the chances of having a stroke, particularly for individuals with high blood pressure. Hypoglycemia and heart rhythm irregularities are additional dangers of drinking on hot, sunny days.

People under the age of 21, drivers and people planning water-related and other recre-

ational activities should stay away from alcohol.

Even those who observe the federal government's recommendations for moderate drinking (two drinks per day for men, one for women) should bear in mind that alco-

hol may affect them differently during their favorite summer activity.

For more information contact Cindy Scott, 410-278-DRUG or visit the ASAP Web site, **www.apg-intra.apg.army.mil/apg/asap/**.

LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Ronda McKinney, 410-278-8988, or e-mail rondamckinney@usag.apg.army.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Michele Amrhein	fibromyalgia condition)
Sarah Blevins	Lydia Langley
Jeanie Bowman	Robyn Lee
Gerald Brown	Wayne Kaiser
Robert Brown	Beverly King (caring for husband)
Lisa Carroll	Louis McCarter
Leroy Carter	William B. McLean
Barbara Cascio	(kidney failure)
Rogelio Chevannes	Sandra Miller
Barbara Crossley	Patricia Milwicz
Lola Daniels	Mary Pettitway
Shelia Davison	William Sebra
(benign paroxysmal positional vertigo)	Barbara Seker
Dawn Dean-Delbridge	Cynthia Shelton
Lawrence Eaton	Linda Shoaf
Ashley Fisher	Alison Tichenor
Gregory Fox	Gary Tudor (heart valve replacement)
Renee Gaffney	Christine Wheaton
Susan Gorhan	Jerry Williams
Shirley Gross	Louis Winters
Melanie A. Hoffman	Billie Wooten
(parasinusitis,	